

# Hartford Area Food Stores Price Survey

May 23 & 24, 2004

City of Hartford  
Food Policy Commission



Inside you will find a price comparison of selected items at eight supermarkets in the Hartford area.

Each item is listed along with its price at each store. The total cost of all items for each supermarket is then added so that you can compare the stores.

We have also provided a summary of the results, noting which stores are least expensive in certain categories, such as 'fruits and vegetables' and 'dry goods'. To make the best use of this survey, look at those items which you buy most often. Then determine which store offers the best prices for your needs.

## Hartford Area Farmers' Markets

Are you looking for places to buy fresh produce this summer? Searching for produce that is affordable, fresh and locally grown? Consider shopping at a local farmer's market! These markets, operating in various locations in the Hartford area, are a great source of fresh produce during the summertime. Farmer's markets are run by the Connecticut Department of Agriculture and are open various days and times. These markets offer Connecticut farmers the opportunity to sell their products directly to consumers. Not only can you find healthy, fresh vegetables and fruit at a farmer's market, you can also meet the people who grow your food! Most farmer's markets also accept coupons distributed through the Farmer's Market Nutrition program (open to WIC recipients) and the Senior Farmer's Market Nutrition program (open to low-income seniors).

**Farmer's markets— a great way to  
feed your family and support  
local farmers!**

For more information on the Farmer's Market Nutrition Program (WIC), contact Robert Pellegrino at the CT Dept. of Agriculture (860-713-2544).

For more information on the Senior Farmer's Market Nutrition Program, contact Rick Macsuga at the CT Dept. of Agriculture (860-713-2544).

### **BLOOMFIELD FARMERS' MARKET**

Bloomfield Town Hall, 800 Bloomfield Avenue  
Saturdays, 9am-1pm, July 10 through October

### **HARTFORD ASYLUM HILL FARMERS' MARKET**

Asylum Hill Congregational Church  
Wednesdays, 11am-2pm, July 7 through October 13

### **HARTFORD DOWNTOWN FARMERS' MARKET**

Old State House, Main Street Entrance  
Mondays, Wednesdays, 10am-2pm; Fridays, 10am-2pm  
June 2 through November

### **HARTFORD LAUREL STREET FARMERS' MARKET**

75 Laurel Street, at Knox Park Greenhouses  
Saturdays, 9am-12noon, July 10 through October

### **HARTFORD PARK STREET FARMERS' MARKET**

Walgreen's Parking Lot, Corner of Park & Washington  
Mondays, 10am-1pm, July 5 through October

### **HARTFORD REGIONAL MARKET**

I-91, Exit #27, 101 Reserve Road  
Open Year Round, 5am- 9am

### **WEST END FARMERS' MARKET**

United Methodist Church - Back Parking Lot,  
571 Farmington Avenue  
Tuesdays 4pm - 6pm; Fridays, 11am-1pm  
July 6, through October 1

### **WEST HARTFORD FARMERS' MARKET I**

LaSalle Road Public Parking Lot,  
Tuesdays, Saturdays, 9:30-1:30pm;  
Thursdays, 12noon-4pm, May 1 through October

### **WEST HARTFORD FARMERS' MARKET II**

Corbin's Corner, Sear's Parking Lot  
Fridays, 9am-1pm, July 16 through October

### **WILSON/WINDSOR FARMERS' MARKET I**

CT Service For The Blind, 184 Windsor Avenue  
Tuesdays, 3pm-6pm, July 13 through mid-November

### **WILSON/WINDSOR FARMERS' MARKET II**

321 Windsor Avenue  
Fridays, 3pm-6pm, July 16 through October

Supermarket Survey	Size	Walbaum's	MegaFoods	Shop Rite	Shaw's	Stop&Shop	Stop&Shop	Big Y	Stop&Shop	
May 23-24, 2004		W. Hartford	Hartford	Manchester	W. Hartford	Bloomfield	Hartford	E. Hartford	Wetherfield	
Vegetables: Potatoes, fresh, eastern, white	5 lb. bag	2.99	1.49	1.99	2.50	2.99	2.99	2.99	2.99	
Carrots, fresh	1 lb. bag	0.99	0.50	s 0.99	1.59	0.79	0.99	0.79	0.79	
Tomatoes, fresh, loose, not plum	per lb.	2.99	0.99	1.49	1.79	2.49	1.79	1.99	1.79	
Iceberg lettuce, fresh	1 head	1.79	0.99	0.99	0.99	1.59	1.59	1.59	1.59	
Cabbage, fresh, green	per lb.	0.59	0.39	0.59	0.49	0.69	0.59	0.59	0.59	
Onions, fresh, yellow	2 lb. bag	1.33	1 1.49	1.20	7 1.69	1.99	1.50	1.25	s 1.99	
Green beans, frozen, regular cut, store brand	9 oz. package	0.89	0.79	1.29	0.75	0.75	0.75	0.99	0.75	
Corn, whole kernel, Del Monte canned, regular	15.25 oz. can	0.89	0.99	0.89	0.89	1.19	0.69	0.89	0.69	
Fruit: Bananas, fresh, green tips	per lb.	0.29	s 0.39	0.59	0.49	0.69	0.49	0.69	0.50	
Apples, lowest price variety, fresh	per lb.	1.49	0.79	0.99	0.99	1.49	1.29	1.49	1.29	
Raisins, store brand	24 oz. container	1.99	3.09	2.39	2.99	2.79	2.79	2.47	s 2.79	
Orange juice, frozen concentrate, store brand	12 oz. can	1.49	1.59	1.39	1.50	1.29	1.39	1.49	1.39	
Meat/Dry Beans/Eggs/Nuts: Ground beef, 85% lean	per lb.	3.29	1.69	3.19	3.69	2.54	3.58	3.89	3.59	
Chicken drumsticks, small pack, least expensive	per lb.	0.99	s 1.49	0.94	1.79	1.59	0.99	2.29	1.89	
Pork, loin chop center cut, small/no bone, not family	per lb.	4.99	2.79	2.79	5.29	5.99	5.59	4.99	5.29	
Bologna, Oscar Meyer	8 oz. package	2.19	2.29	3.29	8 1.79	1.89	1.39	2.19	2.99	
Tuna, chunk light, water packed, Starkist	6 oz. can	0.89	0.79	0.89	1.19	0.99	0.99	0.69	0.89	
Red kidney beans, dry, Goya	1 lb. bag	0.79	0.89	0.79	0.79	0.69	0.79	0.79	0.79	
Eggs, white, grade A large	per dozen	1.99	1.29	0.99	1.89	2.39	1.89	1.69	1.99	
Peanut butter, store brand, regular, creamy	18 oz. jar	1.99	2.39	3 1.69	1.79	1.39	1.39	1.79	1.39	s
Milk/Cheese: Whole milk, store brand	1 gallon	4.19	3.49	3.49	3.69	4.49	10 3.79	3.99	3.79	
Cheese, Mozzarella, shredded, store brand, LMPS	12 oz. package	2.79	1.99	4 2.50	s 2.99	2.69	2.59	2.33	2.59	
Grains: Spaghetti, regular (#8) store brand	1 lb. box	0.89	0.89	0.50	0.50	0.67	0.67	0.89	0.67	
Cereal, Cheerios, regular	15 oz. box	3.79	3.09	2.99	3.59	3.79	2.79	3.79	2.79	
Cereal, Kellogg's Frosted Flakes	15 oz. box	3.29	3.99	3.39	3.79	9 3.19	3.19	3.49	3.19	
White flour, store brand	5 lb. bag	1.69	1.79	1.05	1.69	1.09	1.09	1.69	1.09	
Rice, white, long grain, enriched, store brand	5 lb. bag	1.79	2.49	1.99	3.19	1.59	1.79	2.97	13 1.59	
Fats/Oils/Sweets: Coca Cola, regular	2-liter bottle	1.49	0.99	1.19	1.29	1.25	1.39	1.50	1.25	s
Grape jelly, Welch's concord	18 oz. jar	1.79	1.99	1.79	1.89	1.79	1.79	1.99	1.79	
Vegetable oil, blend, store brand	24 oz. bottle	1.50	2 1.59	1.49	1.99	1.39	1.39	1.50	s 1.39	
Margarine, quarters, veg oil, store brand	1 lb. package	0.67	s 0.69	0.69	0.67	0.79	0.79	1.19	0.79	
Mayonnaise, store brand	32 oz. jar	1.99	1.99	1.79	2.79	1.99	1.50	s 2.99	14 1.50	
Other: Pasta sauce, Prego, traditional	26 oz. jar	2.69	2.29	1.67	2.69	1.79	1.79	2.59	1.79	
Salsa, Ortega, Thick and Chunky, medium	16 oz. jar	2.79	2.69	3.29	2.29	2.49	2.49	1.50	s 2.49	
Dinty Moore Beef Stew	24 oz. can	2.69	2.79	2.49	2.69	2.49	11 2.49	2.59	2.49	
Macaroni and Cheese, Kraft, three cheese	7.25 oz. box	1.39	1.09	5 1.19	0.99	0.99	0.99	1.39	0.99	
Campbell's chicken noodle soup, regular	10.75 oz. can	0.99	1.49	0.79	1.29	1.19	1.19	0.99	1.19	
Infant formula, Enfamil (w/iron), concentrate	13 oz. can	3.29	3.99	3.49	3.29	3.29	3.29	3.29	3.99	
Coffee, Maxwell House, canned, original	13 oz. can	3.29	3.49	6 2.29	2.99	3.59	12 3.29	3.59	3.29	
Laundry detergent, Tide, powder	40 loads	8.69	9.99	8.99	8.49	8.49	8.49	8.99	8.49	
Toilet tissue, Scott	1000-sheet roll	0.79	0.79	0.79	0.75	0.75	0.69	0.89	0.69	
Totals:		87.32	80.70	77.21	88.42	86.00	80.94	89.68	83.81	
Store Cleanliness & Service: (excellent, good, fair, poor)		good	good	good	good	good	good	good	good	
Notes		1:based on 2/3 price of 3 lb. bag; 2: 32 oz. bottle, on sale; 3: Jif brand; 4: 8 oz.package; 5: 5.5oz. box; 6: 16oz. can; 7: based on 2/3 price of 3lb. bag; 8: 12 oz. package; 9: 20 oz. box; 10: Sealtest brand; 11: Campbell's 18.5 oz. beef stew; 12: 11.5 oz. can; 13: Carolina brand rice, on sale; 14: Hellmann's brand								
s - indicates the item is on sale (includes 2 for 1 of-fers), possibly only with saving card										

## Summary of Results

If your shopping list resembles the items we have used in this sample, then the ratings below may help you in determining which supermarkets will give you the best value.

### Overall Prices

- |                  |  |
|------------------|--|
| <i>least</i>     | <b>1 Shop Rite, Manchester</b>         |
| <i>expensive</i> | <b>2 MegaFoods, Hartford</b>           |
|                  | <b>3 Stop &amp; Shop, Hartford</b>     |
|                  | <b>4 Stop &amp; Shop, Wethersfield</b> |
|                  | <b>5 Stop &amp; Shop, Bloomfield</b>   |
| <i>most</i>      | <b>6 Waldbaum's, West Hartford</b>     |
| <i>expensive</i> | <b>7 Shaw's, West Hartford</b>         |
|                  | <b>8 Big Y, East Hartford</b>          |

The prices at the Shop Rite in Manchester, the least expensive supermarket, are 14% lower than at Big Y in East Hartford, the most expensive supermarket.

You may wish to buy certain types of items at specific stores. The best value for fruit and vegetables as well as for meat, eggs, and dairy is MegaFoods in Hartford, followed closely by Shop Rite in Manchester. For dry and canned goods, Shop Rite in Manchester as well as Stop & Shop in Hartford and Stop & Shop in Wethersfield offer the lowest prices. Also keep in mind that supermarkets such as Big Y and Stop & Shop often offer large discounts on specific items. Keeping an eye out for sales is a big money saver.

## **Store Locations & Bus Lines**

### **Bloomfield**

#### **Super Stop & Shop**

- 313 Cottage Grove Road  
Bus: S1, T4, T5

### **East Hartford**

#### **Big Y**

- School Street Plaza, 287 Ellington Road  
Bus: H1 (East Windsor Hill)

### **Hartford**

#### **MegaFoods**

- 76 New Britain Avenue  
Bus: Q2

#### **Super Stop & Shop**

- 150 New Park Avenue  
Bus: K3

### **Manchester**

#### **Shop Rite**

- 214 Spencer Street  
Bus: any B

### **West Hartford**

#### **Waldbaums**

- Bishops Corner, 772 North Main Street  
Bus: A1, E2, U3

#### **Shaw's Super Food Store**

- Prospect Plaza, Prospect Avenue  
Bus: K3

### **Wethersfield**

#### **Stop & Shop**

- Jordan Lane Shopping Center, 1380 Berlin Turnpike  
Bus: F2

**For More Information on Bus Routes, contact  
CT Transit at (860) 525-9181.**

**This survey is produced by the  
Hartford Food Policy Commission.**

For more information, please contact  
us anytime:

Food Store Price Survey  
Hartford Food Policy Commission  
c/o The Hartford Food System  
191 Franklin Avenue  
Hartford, CT 06114  
(860) 296-9325